



VICTORIA INTERMEDIATE "A" SHAMROCKS

WEEKLY NEWSLETTER

Week #6

June 5, 2008



Coaches Corner

We are roughly 1/3 of the way through the season and it is time to take stock of where the team is at. The team has a good record at 6 wins, 1 tie, and 1 loss. It should actually be better but it is a learning process each year with a new team. Our play has been improving but there is still lots of room for improvement on execution and consistency.

New Westminster, Coquitlam, Delta and ourselves are currently at the top of the league standings but things can change. Our loss to Poco two weeks ago is a good example. No disrespect to Poco, but this is a team we should have beaten. On the day, Poco players out-worked our team and were full marks for the victory. We need to learn from this.

We've enjoyed two weekends off in the month of May, so our schedule thus far has not been too hectic. This is about to change, big time. We have 8 games in June with double headers all but one weekend.

Every game is important, especially this coming weekend. We are at home Saturday against New West and in Delta on Sunday. Both teams are currently ahead of us in the standings and we need 2 victories to keep pace. These games will be a good test of the character and determination of this year's team, coming off a 12-day break, and playing two tough games back to back.

This coming week, on June 10, we also have a rare Tuesday night home game against the Nanaimo Timbermen, game time is 7:00 PM. I am sure Nanaimo will be looking to avenge their earlier visit to Bear Mountain Arena and this should be a very close, physical match.

I hope to see you out on Saturday, it promises to be a great game, as will next Tuesday's.

Yours in lacrosse,

Scott Browning,

Co-Governor & Head Coach



Intermediate "A" Shamrock Lacrosse 2007

Weekend Recap

After a bye last weekend, the Baby Rocks are back in action this Saturday, at 1:30 PM, when they face-off against the New Westminster Salmonbellies. New West are the reigning Provincial Champion as they took home the

gold with a 6-5 victory over Victoria last year. As a result, this will undoubtedly be an emotionally charged rematch for both teams.

The prior weekend saw the Baby Rocks split their games with a home win against the Coquitlam Adanacs followed by a road loss to the Poco Saints. The loss, Victoria's first of the season, was likely their weakest performance of the season as the team struggled in all facets of the game. After a big win against the Adanacs, the Baby Rocks may have taken the Saints, who entered the game with a 1 win-5 loss record, too lightly.

To say the Saturday game versus the Adanacs was close would be an understatement. The two teams exchanged the lead an incredible 8 times during the game. Neither team held more than a one goal lead through 2 1/2 periods. Victoria finally took the lead for good on their 9th goal of the game with 11:06 left in the third period. It was not until the Rocks scored their 10th and 11th goals, in the last 3 minutes of the game, that either team were able to establish more than a one goal lead. The final score was 11-8 for the Intermediate Shamrocks.

Robert McAllan was outstanding in goal making 48 saves versus a hungry Coquitlam offensive attack. Top scorers for the Baby Rocks were Casey Jackson with 4 goals and 3 assists, Brandon McLean with 3 goals and 1 assist and Mitch McLaren with 2 goals and 4 assists. Karsen Leung and Steve Higgs rounded out the scoring. Coquitlam's scoring was spread across seven different players with Jackson Decker netting 2 goals and 2 assists.

On Sunday, the Baby Rocks traveled to Port Coquitlam to face the Saints. After jumping to an early 2 goal lead after only four minutes, the Baby Rocks seemed to coast and found themselves tied with Poco after one period. Jackson had 2 of Victoria's 3 goals on the period with Leung adding a single.

The teams continued to trade goals throughout the second period with Victoria finally taking the lead with 2:51 left to play in the period. The score after two periods was 8-7 for the Baby Rocks. Jordan Wong had 2 goals in the period with single markers coming from Higgs, McLaren and Mitch Bancroft.

In the third period, the Baby Rocks scored early on a goal by Jackson after only 1:19 of play to establish a two goal lead. Less than half a minute later, Poco got one of their own from Keegan Bal, his third of five goals on the day, to send the message that they were not giving up. Bal scored again for Poco 3 minutes later and then Leung scored his second of the game with 12:12 left in the period to once again give the Rocks a 1 goal lead. Bal then tied the game at 10-10 with 9:28 to play followed by two Powerplay goals for Poco from the stick of Chris Jones at 7:05 and 5:13 to cement the win. The upset was complete, the underdog Saints had a 12-10 victory over Victoria.

Meet the Players

Blair Pinnock



Welcome to the Intermediate Shamrocks team, has training camp and the early season unfolded as expected?

Yes it has, I expected a good start to the season and am pleased that we have delivered that.

What do you hope to achieve with the Baby Rocks this season?

I would like see us finish in first place for the regular season and win gold at Provincials.

Where did you play your minor lacrosse and who were your biggest influences?

I played my minor lacrosse for Juan De Fuca. My biggest influences were my dad, who has helped me out all the way through my lacrosse career, and all of my other coaches.

Tell us about your past accomplishments in the sport.

-Island champions 3 times

-Went to provincials 4 times

-Member of Team Island in 2005

As a minor lacrosse player, was there one particular player you looked up to who you wanted to emulate and why?

I have always looked up to John Grant Jr. because he is so creative on the floor and has amazing stick skills.

Do you have future plans/goals that you hope to pursue in lacrosse?

My goals are to play in the NLL and to play for the Senior Shamrocks in the WLA.

What about school and/or career goals?

My career goals are to graduate and then go to University and become a physiotherapist.

If you were a script writer, what would the perfect ending to a lacrosse movie be?

Coming into a championship game as the underdogs and winning after a long, hard fought season.

Thank you for sharing your thoughts with us today.

It was a pleasure, thanks for asking.

Kyle Dexter



Welcome to the Intermediate Shamrocks team, has training camp and the early season unfolded as expected?

Yes, it has been good, although I don't really know quite what I expected.

What do you hope to achieve with the Baby Rocks this season?

Hopefully win a gold medal in the Provincials.

Where did you play your minor lacrosse and who were your biggest influences?

I played for the Peninsula Warriors, my biggest influences were probably my coaches.

Tell us about your past accomplishments in the sport.

A couple bronze medals in both box and field lacrosse, a silver medal in box, Island Select team, getting drafted in the Junior A draft. That's about it.

As a minor lacrosse player, was there one particular player you looked up to who you wanted to emulate and why?

I've always been a big fan of Dan Dawson, partly because he is tall and lanky like me, but he scores and can also drop the mitts.

Do you have future plans/goals that you hope to pursue in lacrosse?

I would like to go to the US and play ball in university, then hopefully make it to the NLL. I would like to take my game as far as possible.

What about school and/or career goals?

I hope to go to university and play field lacrosse there. As far as a career, I think I would like to go into some sort of business. I don't really know exactly what yet.

If you were a script writer, what would the perfect ending to a lacrosse movie be?

Probably winning some sort of championship in overtime, something like that.

Thank you for sharing your thoughts with us today.

Thank you, it has been fun doing this.

Alumni Corner

Ryan Ward

Tell us about your time with the Intermediate Shamrocks team: Years, Players, Coaches, Accomplishments, etc?

Playing Intermediate lacrosse for the Mansell Bobcats was a great experience because we merged all the various teams from the island (Saanich, Esquimalt, Peninsula, JDF). Looking back we had the talent to win the championship but never fully realized our potential and were lacking that winning mentality. As for personal awards, I believe I was an all-star and top scorer for the league.

What was the most memorable experience that you had with the Baby Rocks?

I made lifelong friends during those two years and had a lot of fun off the floor: ferry, camping, driving to practice, etc. Those were the best experiences for me... The worst experience was my first year intermediate losing 18-2 in the Provincial final!

Which team or teams are you currently playing with in the Summer and Winter?

Currently I live in Minnesota and play for the Minnesota Swarm of the NLL as well as the Canadian National Field Lacrosse Team. I still consider myself a member of the Sr. Shamrocks although I have not played since 2005. If everything works out I would like to get back to Victoria for the summer of 2009...T.B.D.

Do you feel your years with the Intermediate Shamrocks helped you advance your lacrosse career? Why?

These were the years where players and talent went to the next level. Intermediate helped me gain confidence in my own game and realize I wanted to play lacrosse as long as I could.

What advice do you have for younger lacrosse players hoping to make it to either the WLA or NLL?

If you want to play NCAA or at the highest level you have to love the game. You have to look forward to practice and be willing to play / train daily. Never be content or satisfied with your game, always look for ways to get better or make your teammates better. Make sure you have fun playing and enjoy the moment.

Is there one lacrosse accomplishment that stands out from all the others? Why?

The most prestigious accomplishment of my career was winning the 2006 World Championships with Team Canada. Canada had not won since 1978 so it was pretty important. Although the Mann cups in 2003 & 2005 were such a proud moment after waiting so long to win a championship in anything.

What are your future goals in the sport?

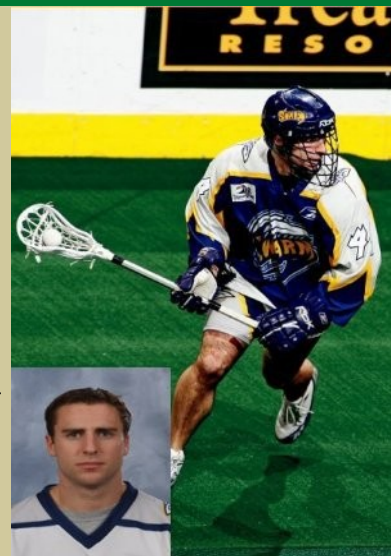
I want to win the NLL Championship! We have gotten better every year and that is what drives me currently. I would also like to represent Canada in 2010, as well as win one more Mann Cup with Victoria.

What are you doing these days outside of lacrosse?

My wife and I recently bought a house in Minnesota and that keeps me pretty busy in the off-season. I work as a PE / Health teacher, coach high school lacrosse, and instruct my own lacrosse camps in the summer. Lacrosse is still very much a part of my life.

Thank you for taking the time to share your thoughts with us.

You're welcome. Best of luck this season and in your lacrosse careers.



**Next Home Game Saturday, June 7,
1:30 PM versus New Westminster**

To see more game articles, statistics, and team updates
please visit www.babyrocks.net